

What Motivates Me?

Question	Potential Answers
1. Which role in the community theater play. Which will you choose?	a. The lead with lots of attention b. A less glamorous role but one requiring acting skills.
2. Which job offer will you choose?	a. The high-paying one b. The one you'd really love to do – but that pays less.
3. Which task will you choose?	a. The easier one b. The more interesting, challenging one
4. Which book will you choose?	a. One from a newspaper bestseller list b. Five that you choose
5. Which person will you go out with?	a. The hippest, "in," glamorous person b. Less "cool" but far more interesting person
6. Which do you feel you learn more from?	a. Completing a task to get a pat on the back from the boss. b. Completing a task because you are interested in it.
7. Which sport will you choose??	a. The one with the best trophies b. The one with the best exercise
8. Which feels better to you?	a. Keeping the house clean because you should b. Keeping the house clean because you want to
9. Which is more important to your decision making?	a. Appearances b. Meaning
10. Which are you more interested in?	a. Quantity b. Quality

Total you're a's and b's:

8 or more a's: you are probably motivated from the outside. You care a lot what people think of you.

8 or more b's: you are probably motivated from the inside. You care more about your own opinion of yourself.

Sometimes it is helpful to be motivated from both the inside and outside. You can care what people think and still be true to yourself.